

CONOVER NEIGHBOR



May 2021

CONOVER FARMERS MARKET



Conover Farmers Market is getting ready for its opening day! Vendors will be offering a variety of products including garden fresh produce, home baked delights, choice meat cuts, plants and flowers, unique hand made items; just to mention a few. For more information, follow Conover Farmers Market on Facebook or email the Market Manager at marketmanager@conoverfarmersmarket.org

109 1st St E, Conover, NC 28613

Saturdays 8-12 | May-August

CONOVER SPLASH PAD



The Conover Splash Pad, located at Conover City Park, will open for the season on May 28th. Located next to the park's picnic shelter, the splash pad provides an exciting play experience and a refreshing break from the summer heat. The splash pad is open daily from Memorial Day to Labor Day from 11am until 8pm.

***Conover City Park Splash Pad
361 5th Ave SE Conover, NC***

CATAWBA COUNTY PUBLIC HEALTH



Catawba County Public Health, Catawba Valley Health System (CVHS) and Frye Regional Medical Center (FRMC) are working together to schedule appointments for those eligible to receive the COVID-19 vaccine through a new website, www.CatawbaVaccine.org.

The website provides a convenient option for appointment requests without requiring someone to spend time waiting to connect with an appointment specialist by phone. Due to the continued heavy demand for appointments and limited vaccine supply, appointments requested both online and by phone are currently being scheduled several weeks out from the time a person connects with an appointment specialist.

***Catawba County Public Health
(828) 465-8200 | 25 Government Drive, Newton
www.catawbavaccine.org***

CATAWBA VALLEY ANGEL RALLY



AINSLEY'S ANGELS RACE SERIES PRESENTS

CATAWBA VALLEY ANGEL RALLY

**MAY 21, 22, 23/ CONOVER, N.C.
5K/10K/50K/100K/VIRTUAL**



**HOSTED BY AINSLEY'S ANGELS IN CATAWBA VALLEY
REGISTER TODAY BY VISITING WWW.AINSLEYSANGELS.ORG/RACESERIES**

The Catawba Valley Angel Rally is a 36-hour fundraising endurance event with various distances being completed by runners over the course of 36 hours.

Runners, walkers and spectators are invited to join us at any time during the event. Come and go as often as you like and run or walk as far as you choose.

All participants who complete the 5K, 10K, 50K or 100K will receive a Catawba Valley Angel Rally race shirt and custom finisher medal.

Please bring your family for the post-race celebration! For your dining pleasure, Frank's Southern Bites will be on hand with BBQ, wings, hamburgers, hotdogs, funnel cakes etc. Music and DJ service will be provided by L-Town Entertainment. Please come and plan to support these local vendors; who are donating their time, services and profits to Ainsley's Angels!

On Sunday morning, the event will conclude with a community unity service at the amphitheater at Conover City Park.

In addition to ensuring everyone can experience endurance events, Ainsley's Angels of America aims to build awareness about America's special needs community through inclusion in all aspects of life. Serving as advocates to providing education and participating as active members in local communities, we believe everyone deserves to be included.

MEALS ON WHEELS OF CATAWBA COUNTY

Meals on Wheels of Catawba County is in need of volunteers!

Did you know it only takes 1 to 1 ½ hours, one day per month? Meals on Wheels delivers a combination of nutritious meals, social connections and essential safety checks to help seniors avoid hospital trips and nursing facilities. Volunteer today by visiting catawbacountync.gov or by calling Debbie Helton, Senior Nutrition Services, at 828-695-4435

PLANNING AHEAD:

City Council: Meets the first Monday of each month at 7:00 p.m. at Conover City Hall
Planning Board: Meets the first Tuesday of each month at 6:30 p.m. at Conover City Hall

For more information regarding the City of Conover and our services please visit www.conovernc.gov and follow us on Facebook and Twitter.

"This institution is an equal opportunity provider and employer."